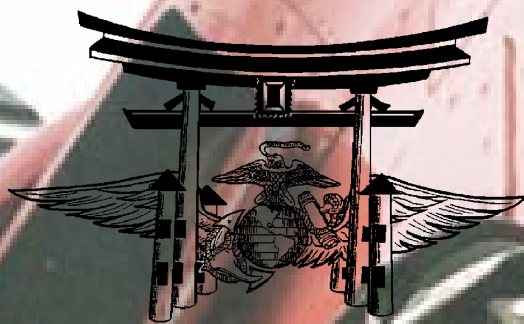


Torii

Marine Corps Air Station
Iwakuni, Japan



Teller

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APU PLATFORM

Marines don't mistreat Marines

by Lt. Gen. Jack W. Klimp
Deputy CMC, Manpower and Reserve Affairs

WASHINGTON, D.C. — There continues to be confusion and misunderstanding in the media concerning the DoD Homosexual Conduct Policy. Contrary to recent reports, all members of the Armed Forces are not being required to undergo "sensitivity training" on homosexual conduct policy; nor is all the training on the policy "new."

The Secretary of Defense directed, in an August 1999 Defense Department memorandum, that commanders take appropriate action when a service member reports being threatened or harassed. Commanders are directed to focus their investigation on the person making the threats, not the individual being threatened. This has always been our policy. A second memorandum highlighted procedural changes on how investigations should be conducted, and it required that service inspectors general begin inspecting the type of training being conducted on the policy.

Marines treat others with dignity and respect; this is a fundamental aspect of our core values and our warfighting discipline. It is the intangible element that binds Marines into the cohesive, selfless organization that has fought our Nation's battles since 1775. Marines who fought at Iwo Jima and in Vietnam did not need sensitivity training to understand that unity, cohesion, and respect were fundamental for success on the battlefield. Today's Marines are trained in a like manner. Starting in bootcamp, our core values of honor, courage, and commitment are inculcated in all Marines. Simply stated, Marines don't mistreat other Marines, for any reason.

Successful implementation of the law and accompanying policy is accomplished through sound leadership and education — two trademarks of the Marine Corps. The DoD homosexual conduct policy is explained to all recruits at the Military Enlistment Processing Stations

prior to reporting to boot camp. During recruit training, we instill in all recruits a sense of integrity, accountability, and an overarching emphasis on treating others with the respect due fellow warriors who will fight to preserve each other's lives on future battlefields.

As with all official policies, Marine officers and noncommissioned officers are those primarily tasked with enforcing the DoD homosexual conduct policy. They receive special training commensurate with their leadership responsibilities. Commanders, due to their unique leadership roles, receive focused training when selected for command that includes those circumstances that warrant investigation, as well as how to proceed with such investigations.

Among the many reasons we have a Marine Corps is to fight and win our nation's battles — the ultimate contribution to our national security. Accomplishing this mission requires both discipline and strict conformity to high standards of behavior regarding appearance, sexual conduct, freedom of speech, and certain political activities. Those who wear a Marine uniform accept and defend the principle of "service before self" that our society has long expected from its fighting forces. Society also understands that these freedoms are yielded voluntarily and solely for the purpose of providing an effective and cohesive fighting force.

Federal law and DoD policy are mutually supportive. We ensure that Marines live and work in an environment where everyone is treated with respect and is given equal opportunity to rise to their full potential. Self discipline and respect continue to form the bedrock of unit discipline upon which we rely to win our Nation's battles — the very same discipline our foes discovered during Marine battles for Belleau Wood, Iwo Jima, Chosin Reservoir, and Hue City. Simply, these are the attributes America has come to expect of her Marines. We will continue to provide Americans with a Corps in which they can take pride.



Our Cover

Lance Cpl. Sean Taber, H&HS crew chief, removes a pannel so he can troubleshoot a problem with SAR helicopter "Five One" Feb. 25. See story on Page 9. (photo by LCpl. Kurt Fredrickson)

Torii Teller

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News Briefs

Barber/Taylor Shop

The Southside Barber Shop closes Wednesday-Thursday due to the renovation project at the Main Exchange. It will reopen March 17 at the former End Zone on the north side. Additionally, the Taylor Shop will close Wednesday-Thursday and will reopen March 17 at the MCX Annex (former SNCO Club).

Voting News

This year is an election year. All military members, DoD civilians, and family members stationed overseas are eligible to vote absentee. Station residents may contact their respective unit voting representative to get an absentee ballot request form.

Headphone Use

The wearing of portable headphones, earphones or other listening devices while operating a motor vehicle, jogging, running, walking, skateboarding, roller skating or bicycling on or along roadways or streets is prohibited by Marine Corps Bases Japan Order P11240.1b. However, these devices may be used while jogging, running, etc. on the sea wall.

ATM Machines

Navy Federal Credit Union ATM users are asked to not use anything other than a valid ATM or credit card in the ATM machines. Additionally, users are asked to not use cards that are damaged, warped, bent or mutilated as they may render the machine out of service. For more information call NFCU at 253-4794/4797.

Navy-Marine Corps Relief Society begins fund drive

by **LCpl. Kurt Fredrickson**
Torii Teller Staff

The Navy-Marine Corps Relief Society started its annual fund raising drive Monday and will last until April 7.

The drive will be raising money, which will provide financial, educational and other assistance to members of the Naval Services, eligible family members and survivors when in need.

The society has been around for almost 100 years and has helped many in that time. It is a private non-profit organization fueled entirely by donations, according to a NMCRS release.

Last year alone, more than \$106,000 was provided in assistance to residents of MCAS Iwakuni, said Capt. Wesley Prater, fund drive coordinator for MCAS Iwakuni.

Because some grants are given without the expectation of repayment, every year funds must be

raised to replenish the pot of money NMCRS draws from.

Unit representatives collect donations for NMCRS. Those who participate may take part in the NMCRS raffle for a \$2,000 grand prize, a \$1,000 1st prize and many other smaller prizes at the end of the drive.

For every dollar someone donates they may choose to take a ticket and participate in the raffle. A new addition to the raffle is a weekly drawing for \$250.

"The weekly drawing has been introduced this year in an effort to produce incentive to get contributions started early," said Prater.

The weekly winning ticket will remain eligible for the grand prize drawing. Someone may win the weekly drawing more than once if they have submitted other tickets.

For more information or to donate more contact your unit representative.

What Navy-Marine Corps Relief Society can do ...

Help with emergency needs
Provide interest free loans, grants or combinations for:
emergency transportation
funerals
medical/dental bills (patient's share)
food, rent and utilities
help when disaster strikes
personal needs when pay is delayed
essential vehicle repairs

What Navy-Marine Corps Relief Society can't do ...

Help with conveniences
It cannot be expected to ...
Pay bills for messhalls
Finance liberty and vacations
Pay fines and other legal expenses
Help you live beyond your means

Iwakuni Representatives

AFN - GySgt. White- x5661
CSSD-36 - SSgt. Upton- x4363
Dental - DT1 Cunanan- x3174
H&HS - SSgt. Branscomb- x4720



MAG-12 - 2ndLt. Shea- x4307
Medical - LtCmdr. Stevenson-
Gaines- x3266
MWSS-171 - 1stLt. Tanner- x6220

Moving a mountain to air station

by LCpl. Richard Barker
Torii Teller Staff

In a joint effort, the city of Iwakuni and MCAS Iwakuni are planing to move a mountain. The project will cost nearly three billion dollars and has taken 30 years of planning.

Atago Mountain, located northwest of Iwakuni, is being moved to the air station as part of the air station's Runway Relocation Project. The mountain will be moved piece by piece and dumped into the Inland Sea south of the air station. The flattening on the mountain serves two purposes — it will create more housing area out in town for the Japanese and more land on the air station for service members.

"This is definitely a win-win situation for the city of Iwakuni and the air station," said Carl Davis, Facilities planning director.

"The Japanese government has been talking about the project since as early as 1972," said Davis.

The project was introduced to the air station as a Japanese government initiative.

"A 100 million dollar conveyer belt system has been constructed that runs 3.4 kilometers from a valley near Atago Mountain out to sea," said Davis.

Huge 200-horsepower rock crushers are sitting in the valley at the beginning of the conveyer belts. These rock crushers break up giant rocks from the mountain into smaller rocks.

"There is a 10-foot long jackhammer inside each crusher that is used to break up a rock if it gets stuck," said Davis.

The crushed rocks go on the conveyer belt and are carried out to sea. Barges catch the broken up earth at the end of the conveyer belt and carry it east of the air station. The earth is then unloaded from the barges into the area where the land will eventually be located.

"Testing operations started on the conveyer belt Feb. 29 and the conveyer belt is scheduled to officially begin running March 27. It is estimated the conveyer belt will carry rocks and earth from the mountain for at least five years," said Davis.

"Once the mountain is leveled, a housing project will build hundreds of houses in the area where the mountain was," said Davis. "This should help the city of Iwakuni with their housing shortage problems."

"The earth from the mountain will add an estimated 530 acres of land to the air station," said Davis. "This will be used for a new runway, harbor and docking facility along with other various projects."

"With the current runway, exiting aircraft must fly directly over part of Iwakuni's industrial area," said Davis.

Not only is this loud for city residents but it's dangerous for pilots because of high smoke stacks in that area.

The new runway will be built about a kilometer from the current one so that exiting aircraft are clear from flying over the city.

"The docking facility for the new harbor will be built from caissons," said Davis.

A caisson is a big rectangular concrete structure.

The first caisson was brought from Hiroshima on a barge Feb 3. Six more were brought Feb. 18 and a 4,100 ton crane was used to lift them off the barge and place them into the water.

The caissons are hollow, so they partially float on the surface of the water. Boats dragged them through the water into position, where they were filled with water so they would sink into place. The bottom of the structures are tee shaped so they will be stable sitting on the bottom of the water.

"Several caissons will be lined up inside the harbor to construct a 360-meter docking facility," said Davis.

Unlike the seawall, which was constructed by piling up several rocks, the caissons will be vertical, allowing boats to effortlessly pull up to them and dock.

"Over 100 jobs will or have already been created on top of Atago Mountain such as crusher operators and movers to transport mountain earth onto the conveyer belt. These workers will only operate eight hours a day because of the noisy construction."

Another estimated 150 jobs should be created on the air station for filling in and excavating the land. Once the land has been excavated another estimated 100 new jobs should be created for construction purposes on the land.

"The land should all be filled in by 2005," said Davis. "It is estimated the project will be completed sometime in the year 2008," Davis concluded.



ABOVE: Illustration of what Iwakuni should look like by 2008 with new runway and harbor.
LEFT: Current photo of MCAS Iwakuni.

official USMC photos

Program stresses drug free lifestyle

by **Cpl. Otto C. Pleil-Muete**
MCB Hawaii

MARINE CORPS BASE HAWAII, KANEOHE BAY, Hawaii — Nearly 20 Marines and Sailors teamed up in front of almost 300 children in the community to spread their drug awareness message recently at Kahaluu Elementary School in Kahaluu.

The MCB Hawaii, Kaneohe Bay, service members from Headquarters Battalion and Patrol Squadron 47 gave presentations in the back field of the school as part of the Community Drug Awareness Program, in which service members spread the "say no to drugs" message to school children.

"I think the 'number one' key to keeping kids clean and healthy (from drugs) is through the use of role models (such as Marines and Sailors)," said Rachel Chatham, a guidance counselor for Kahaluu.

"Hopefully they will reach out to more than one child but if they can touch at least one life, that's what makes a difference."

The CDAP at Kahaluu was a culmination of several lessons and events that the children from pre-kindergarten to sixth grade underwent for the past month, labeled as Drug Awareness Month.

Marines and Sailors influenced the children by heading several events in addition to an "Ooh Rah" physical fitness session, where students were challenged to do four-manned pyramid push-ups and "jumping jacks."

"Ooh Rah!!!" yelled one Marine as he greeted about 15 attentive children. "Ooh Rah!!!," responded the children as loudly as they could. Military police Marines also gave military dog presentations with drug and bomb dogs, and several Sailors

talked to children about the different types of drugs to avoid.

"They really wanted to learn because they paid attention to what we were saying," said Petty Officer 3rd Class Peggy Jackson, a yeoman for VP-47. "I'm glad that the Marines allowed us to do this with them."

Jackson was one of several Sailors who made the transition with VP-47 to K-Bay from Barbers Point last year and it was the first time

see **DRUG AWARENESS** Page 10



photo by Cpl. Otto C. Pleil-Muete

Lance Cpl. Kelly Cassada, an ordnance specialist with the communication supply point, applies camouflage paint to the face of a Kahaluu Elementary School student Feb. 25.

The best of 3rd FSSG

by **LCpl. Richard Barker**
Torii Teller Staff

If anyone is wondering what it takes to be Marine of the year, just ask CSSD-36 Supply Administrative Clerk Cpl. Edward Kirby.

Kirby has stood more than 30 boards and has taken boards such as Marine of the Quarter in Quantico in 1998 and the Marine of the Quarter with CSSD-36 in 1999. Kirby is also the 1999 Marine of the Year for the 3rd Force Service Support Group.

Kirby said he didn't do a lot of extra preparing for the board.

"I try to stay prepared by studying my BST(Battle Skills Training) book," said Kirby.

Kirby has many other reasons for studying Marine Corps essential subjects.

"I study my knowledge because as a leader a Marine needs to be able to come to me with a question and have it answered. If I can't answer it who can."

Kirby is a strong believer in being there for his Marines.

"Also a good thing about knowing your knowledge is the Marines know they can come to me for help and that's good. If I don't know my knowledge how am I supposed to expect my Marines to know it."

A Marine for more than four years now, Kirby loves his title, United States Marine.

"I like being a Marine, and I like leading and working with Marines."

Kirby also recognizes a great importance in leadership among Marines.

"The most important part of being a Marine is understanding the Marines you work with, knowing how to deal with them and getting the most out of them.

"It's important to lead by example, you can't expect

someone to do something if you don't do it yourself," he said.

Kirby is very happy to represent the 3rd FSSG as the 1999 Marine of the Year.

"It feels good to win, a lot of people respect me, even my seniors.

"Everyone should try to get on these boards, the experience is good and it will prepare anyone for real life situations.

Boards provide good experience even if you lose, you just try harder next time, he said.

"I think the best part of the Marine Corps is the competition, it gives people a driving edge.

"The Marine Corps drives people to excel, it makes them go farther than they thought, because people always go farther than they did last time," said Kirby.

To Kirby it's not whether you win or lose, but that you've given your all. "I didn't expect to win, I just tried my hardest."



photo by LCpl. Richard Barker

Corporal Edward Kirby

Boards benefit Marines

by **LCpl. Matthew Shaw**
Torii Teller Staff

For Marines who strive to give 100 percent in their jobs and personal lives, participating in a board is an honor, even if that requires them to do a little more work.

Winning a board brings honor or a promotion, but all the Marines who participate gain knowledge and an experience that benefits them, their shops and command every day.

Some of the different types of boards are Marine of the Quarter, Noncommissioned Officer of the Quarter, meritorious promotion boards and Marine of the month and year.

Most boards consist of a wall locker and junk-on-a-bunk inspection, uniform inspection, drill session and a question and answer period, where an individual's knowledge and bearing are tested. Each of these events requires maximum effort, great attention to detail and much preparation from the Marines participating.

see **BOARDS** next page

A day in the life of an inmate

by **LCpl. Kurt Fredrickson**
Torii Teller Staff

At 5:30 a.m. the lights snap on and you get out of bed. As you wipe the sleep from your eyes you realize the door to your room is made of steel and you cannot open it. Reality sets in that you are not back at home in the comfort of your own room; you're about to start a day at the brig.

The scheduled day-to-day life of inmates at the Iwakuni Detention Facility is busy. The basic day's schedule takes them from reveille to taps. Prisoners here don't just sit around in their cells smoking cigarettes like in movies.

The day begins with a headcount before the inmates are allowed to have morning hygiene time.

"It's basically what a normal person would do in the morning," said LCpl. Randy Inman, H&HS assistant administrator and security chief.

At 6:30 one of the guards returns with chow and the inmates are allowed 20 minutes to eat. After chow, inmates get a smoke break and a half-hour breath of fresh air outside during their sunshine call. After their outdoor time they begin their work for the day.

"During this time they're doing anything from stapling together packets for the Community Service Center to cleaning the building," said Inman.

"They do a lot of work here. Not as much as a bigger facility, but they do their share of work," said LCpl. Larry Pettiford, H&HS duty detention facility supervisor.

At 10:30 their work is secured. "From 10:30 to 11 they're either in their cells or in the day room," said Inman. "At 11 they eat chow and may take another smoke break. From 1-2 p.m. they're working again."

After work, inmates get ready for indoor or outdoor physical training.

"The highlight of their day is during recreation call or PT," said Pettiford. "It's a relaxing time for them when they don't have to worry about us being on their backs."

Inmates get recreation call for one hour and at 3:30 inmates shower and prepare for chow. Chow begins at 4:30 and after that inmates get free time from 5-7 to do a variety of things such as draw, read, study, iron, or shine their boots.

At 6 p.m. television time begins and lasts until 9:55 p.m. This time is basically the same as free time, according to Inman.

"The PT, recreation call and TV time keeps them from getting stressed out," said Pettiford. "We try not to stress them out."

At 9:55 television time is secured and the day is almost over.

"We have them go back to their cells and commence count. We tell them to break down and get ready for taps and right at 10 p.m. they're in their racks sleeping," he said.

The weekly schedule is not as simple as it seems. There are slight variations in the weekly schedule such as on Tuesdays inmates go to get haircuts and Wednesdays they get visits from the chaplain. Things such as legal visits or trials may also interrupt their day.

Thursdays they field day and Fridays they get inspected at 9 a.m.

Every night before 10 p.m. inmates get a visit from the officer of the day to see how they are doing. Once a week they receive a visit from their staff noncommissioned officer-in-charge.

Restoration programs, group and individual counseling, survival skills and decision-making are also offered to inmates throughout the week.

On the weekends the schedule is slightly different and inmates can watch movies.

"They spend most of their time on the weekends having free time," said Inman. "The goal of the corrections is to restore as many military members back to service as possible."

News

BOARDS from Page 6

Marines preparing for a board should take care of personal issues, work hard on their PFT scores, do MCIs and practice drill. Marines should also spend time working on their uniforms and overall personal appearance, says Sgt. Maj. Janet White, H&HS sergeant major.

Corporal Jeremy Prather, H&HS manpower clerk, was one of two winners in a recent meritorious corporal board for H&HS, but it was not his first board. The experience of previous boards helped him win, but it also helps him at work, he said. Of all the preparations for the board that help him daily, he says, "Number one ... is bearing."

The bearing he gained from participating in boards helps him maintain a high level of professionalism with his customers, he said.

Prather realizes he could not win the board alone.

"I felt really good going into it (the board)," he said. "My staff NCO, Gunnery Sgt. Marty, really worked on

prepping me and spent a lot of time on me," he said.

Boards are stepping-stones to great leadership, says Master Sgt. Michael McNeal, H&HS equal opportunity advisor.

"All the factors that go into preparing for the board encompass the leadership that the Marine has received from others or provided to others," he said.

One of the most important things about boards is that the Marines that participate are being recognized for their hard work and desire to be the best, said Sgt. Maj. Ralph Gurerreo, MCAS Iwakuni sergeant major.

"Just the mere fact that you were one of the competitors ... you're probably already in the top 10 percent," he said.

When a Marine is recognized like that, especially if he wins, the other Marines he works with will want to do the same. That causes motivation to spread, he said.

"It's a time to shine, but it's also a time you should be preparing for all the time," said McNeal.

Expandable baton safe alternative

by Cpl. Michael Wiener
Torii Teller Staff

Provost Marshal's Office Marines recently completed training with the expandable baton, commonly referred to as the Asp.

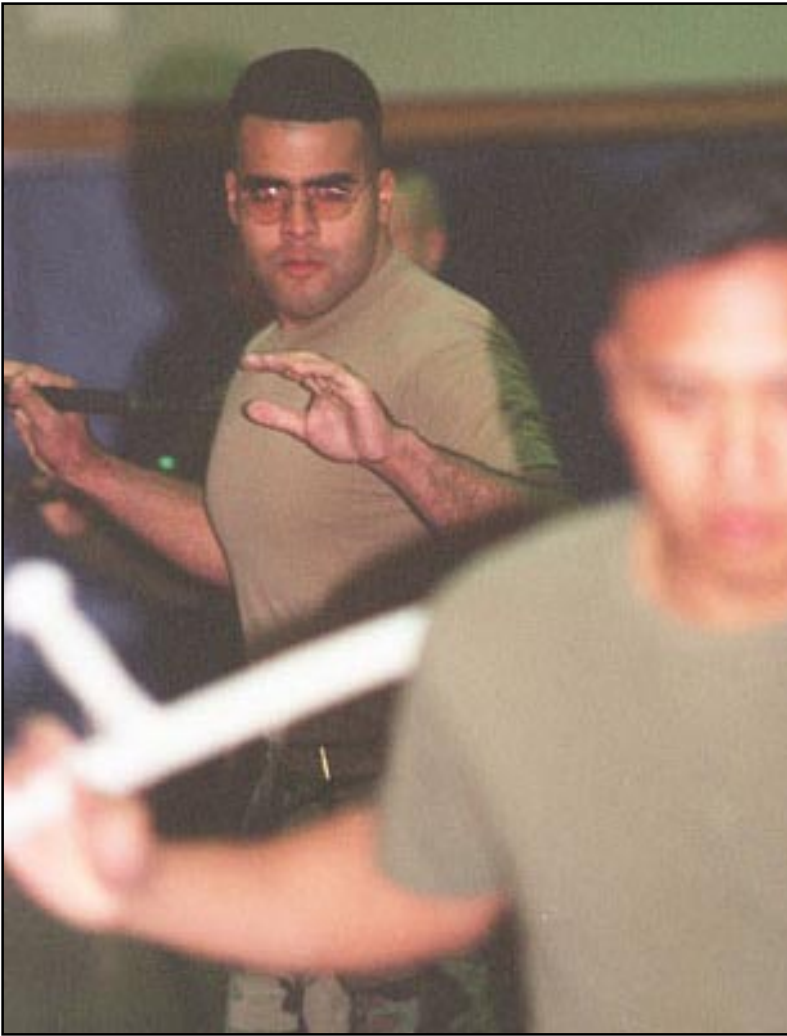
The Military Police Training Section conducts the classes at least twice a year in order to ensure everyone is qualified.

"The baton is used when lesser means have failed to subdue a subject," said Sgt. Jason Pieters, class instructor.

After receiving a class on the Asp, the Marines practiced holds, carrying and striking techniques. In order to meet the training requirement, all Marines had to complete a performance evaluation, consisting of both questions and practical application.

The expandable baton does not replace the traditional PR-24, but some Marines prefer it.

"There are really no advantages or disadvantages to the expandable baton," Pieters said. "It is more compact than the PR-24, so some Marines would rather carry it."

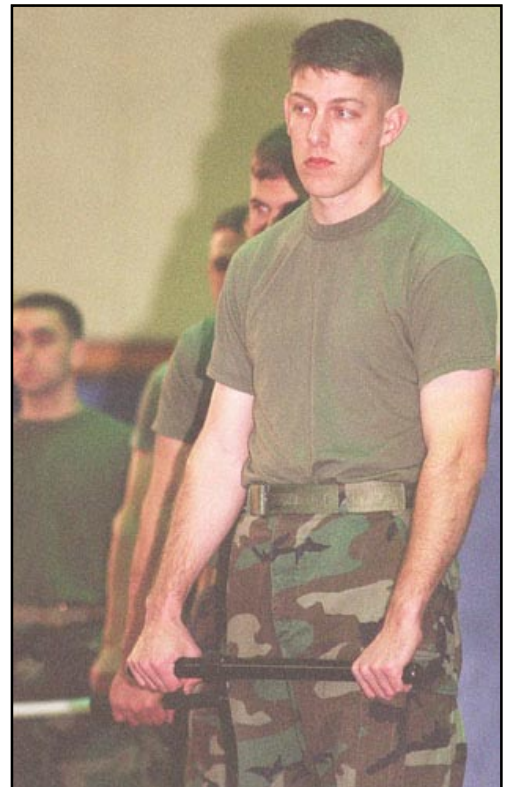


Lance Cpl. Rudy Rodriguez walks through a striking exercise.



photos by Cpl. Michael Wiener

ABOVE: Corporal Rene Barraza practices his technique with the expandable baton. RIGHT: Lance Cpl. Ashley Hefelfinger listens intently for the next instruction during training.



Making the most of it since 1964

by LCpl. Kurt Fredrickson
Torii Teller Staff

In today's high-speed world of advanced technology quality often takes a back seat. Today's cars, toasters and toys are not made to last. When something lasts beyond its expected life span it stands out as a classic or a relic of a time gone by.

One helicopter in particular, aircraft 150951, used by Iwakuni Search and Rescue has been in service for more than three decades and is the oldest HH-46D in the Marine Corps with its original airframe. This is proof of how something made well can stand the test of time.

Iwakuni SAR uses helicopters built in 1964 and two from 1966, according to Staff Sgt. Darrel Allen Sr., H&HS maintenance administrator and analyst.

With its new glossy, spit-polished exterior, it's hard to tell that the helicopter, commonly referred to as "Five One" by those who work with it, is more than three decades old.

It takes five people to fly Five One for three hours a day, said LCpl. Adam Raborn, H&HS airframes mechanic. For every hour an aircraft spends flying it takes 35 man-hours of maintenance to keep it up and running.

"What's kept it flying is the numerous man hours put into it," said Staff Sgt. James Sweeney, H&HS airframes noncommissioned officer-in-charge. "The 46, being as old as it is, anything that breaks we've seen before."

A constant battle that maintenance personnel must contend with is corrosion from salt water.

"If you see corrosion and you don't fix it right away it's like a cancer," said Raborn. "If you don't treat it as soon as you see it, it's more work in the long run."

If a part breaks or corrodes on an aircraft as old as Five One, getting parts, not finding parts, becomes the problem.

"The majority of our parts come from Cherry Point, N.C.," said Allen.

The tools used for installing those parts once they arrive are simple.

After looking at the maintenance kit that looks like a \$80 car tool set, one can sum up the simplicity of the mechanics of Five One.

"With crescent wrenches and a Philips head screwdriver you can do pretty much everything," said Cpl. Randall Hershberger, H&HS crew chief.

Detail is evident; every nut, bolt, fitting or screw that could come loose in the aircraft is held in place with safety wire. Detailed work keeps Five One and other HH-46D operational.

"Eventually some will have wear and corrosion that



photo by LCpl. Kurt Fredrickson

Corporal Randall Hershberger, H&HS SAR crew chief, tests the controls of "Five One" to determine if there are any problems.

will take them out," said Hershberger.

As for Five One it just had a complete airframe inspection where it was completely disassembled, put back together and then given a new paint job, said Hershberger.

"It's pretty much a brand new aircraft," he said.

The HH-46D has features that make it fit the mission of SAR better than other aircraft. It can be used in confined landing areas, it has the best hovering capabilities and no tail rotor.

"As for the SAR mission no other plane can replace it yet," said Sweeney.

"I think about how old these things are and it amazes me what good condition they're in," said Raborn.

The new MV-22 Osprey is slowly set to replace the aging 46's but until then the job continues to be the mission of the seasoned aircraft.

However Sweeney said, "I think the plane has been doing the mission for 35 years and will do the mission for many more."

Young Marine helps young teens

Editor's Note: March is Women's History Month. The Torii Teller will highlight some of the women who are doing so much for us here.



photo by GySgt. M.A. Zeid

Cpl. Michelle M. Fonseca

by GySgt. M.A. Zeid
USMC Reserves

Many consider her a very mature young woman when they talk about Cpl. Michelle M. Fonseca and her work with the Teen Center.

Fonseca not only manages her military duties with force deployment planning, she also works four days a week at the station Teen Center. While it's a part-time job for her, it requires a lot of commitment. In addition to supervising the teens there, she serves as an older sister and mentor for many of the young people here.

"I really enjoy working with kids," said Fonseca. "I have a younger brother and younger cousins. Working at the Teen Center reminds me of being with them."

Fonseca quickly points out four other Marines work there part-time,

and their job is mostly simply supervising the teens when they are at the center. Yet, people notice her enthusiasm and dedication when it comes to putting on events such as dances and field trips. What others also notice is her cheerful disposition and sincere friendship with the kids.

Fonseca has a busy life. She works full time as a Marine, which requires more than just eight hours a day. She also goes to school and is working on getting a degree in criminal justice with a minor in psychology. Yet, she still finds time to work at the center.

"I want to be a juvenile hall counselor or psychological social worker in the future," says Fonseca as she explains why her work with the kids is such great experience for her. But the bottom line is she just enjoys it.

Corps

DRUG AWARENESS from Page 5

many Sailors like her participated in such a program.

"It's good for the community to see that the Marine Corps and the Navy work together and that we can't do what we do and do drugs too," added Jackson.

Although the real effect of their service might not have been clearly evident, Marines and Sailors may rest

assured knowing they did their duty to provide their drug-free influence.

"It was a great experience to be with the kids because they got to interact with us and it motivated them to stay in school and look forward to something in their future (such as the Navy and Marine Corps), said LCpl. Vincent Munoz, an aviation ordnanceman with Headquarters Battalion."

Community

Cookie Sale

Jessica Farkas (seated), 11, of Girl Scout Troop 91, sells cookies to passers-by at the Commissary, Saturday.

Frakas, along with Brianna Carbon (second from right), 10, and Stebie Farkas, 9, tallied just under 200 boxes sold for the day.



photo by LCpl. Matthew Shaw

Akiyoshidai proves challenge to Running Club

Hills humble even veteran runners

by Cpl. Michael Wiener
Torii Teller Staff

Twenty runners from the air station boarded a bus and headed south Sunday to test their mettle on the

annual Akiyoshidai Half-Marathon.

The 13.1-mile, out-and-back course proved to be challenging as only the registration area was flat. The final 2.5 kilometers before the turnaround point was downhill, giving competitors an uphill battle to start the second half of the run.

"That hill was tough," said Rory Meehan, one of the Running Club's veteran runners. "Getting to the bottom and having to turn around and run back up the top was a pain."

"This was definitely the most difficult half-marathon I've run," said James Hawley. Meehan was the first American across the line in 1 hour, 32 minutes, Michael Wiener and Alan Papke followed close behind with 1:33 and 1:34 respectively.

In spite of the course difficulty, Amanda Allen decided Akiyoshidai would be her first half-marathon. Though it was literally an uphill struggle, she has no regrets.

"It was pretty hard, but I like challenges," said Amanda Allen. "I had a good time, and got to see what a half-marathon's all about."



photo by Cpl. Michael Wiener

Members of MCAS Iwakuni's Running Club poses after the Akiyoshidai Half marathon Sunday.

Diet key to fitness

by Cpl. Michael Wiener
Torii Teller Staff

Writer's note: *This is the first of a three-part series to aid in the elevation of physical fitness scores. Articles on strength training and aerobic training will follow in subsequent weeks.*

Diet is a key element whether trying to improve run times, increase pull-ups or hang-time on the bar, or push out 10 more crunches.

"It's the most important thing," said Billie Scott, Semper Fit fitness coordinator. "Doing sit-ups or crunches with your stomach in the way is tough."

In order to lose body fat, more calories must be burned by the body than taken in. Smart choices at meal times make this task easier.

"The biggest problem I see with

people who come to me is that they don't think they have enough healthy choices at the chow hall," Scott said. "They'll go through the fast line, get burgers and fries and take in enough calories in one meal as they need for the entire day."

"If you don't have time to sit down and eat and are dependent on the fast line, buy bread, turkey and fruit at the Commissary and make your own lunch," Scott said.

However, meals high in calorie content don't have to be completely eliminated from one's diet.

"Once or twice a week, I suggest going out and eating a meal you really enjoy regardless of what it is," Scott said. "One or two of these meals a week isn't going to hurt your diet."

Water is also an important part of diet. At least 64 ounces of water should be consumed, more if working out. Kidneys can't function

properly without enough water, and when they're not working to capacity, will dump their workload onto the liver. The liver metabolizes stored fat into useable energy for the body, but if affected by the kidneys, it can't work to capacity. Less fat is metabolized, more stored fat remains in the body and weight loss stops.

"Water tends to act as a natural appetite suppressant and it aids in the digestion process, flushing out the body's waste," Scott said.

The United States Recommended Daily Allowances label can be found on most food products, outlining calorie, fat, vitamin and mineral content. However, most labels base the amounts on a 2,000-calorie per day diet, and not everyone needs 2,000 calories each day.

"It all depends on the bodies output," Scott said. "What diet all comes back to is common sense and moderation. In order to lose weight, the body must burn more calories than it takes in. The best thing to do is find a diet you can stick with for the rest of your life."

Intramural Volleyball

Time Out forfeits to **PSD-12**

ATC defeats **670 Brawlers**

Marauders forfeits to **30 Blazers**

* **Marauders** dropped out of season

	<u>Wins/Losses</u>
Triple Threat	6/7
Crash Crew	6/7
171 Young Leaders	5/8
Cavaliers	4/9
SE Tuggers	4/9
No Snitchers	3/10
Last Shot	2/11
670 Brawlers	1/12

	<u>Wins/Losses</u>
Y2K Kids	5/3
Wolverines	2/5
Blazers	2/5
Rambling Wreck	2/6
Spoilers	0/7

2000 Intramural Basketball League

	<u>Wins/Losses</u>
Red Devils	11/2
Boss Ballers	11/2
WWJD	11/2
171 Vets	10/3
Dragons	10/3
Samurai	8/5

Youth Basketball standings

	<u>Wins/Losses</u>
Ruff Ryders	7/0
Big Tymers	7/2
Spurs	5/2

Over 30 Basketball League

OG's defeats **171 Vets** 41-35
Rodney Sturgis OG's high scorer with 18 points, 2 rebounds.

Crash Crew defeats **Legends** 49-44
Chauncey Lovely Crash Crew's high scorer with 29 points.

Sports Briefs

Chili Slip 'n' Slide

Chili Slip 'n' Slide, an annual one pitch softball tournament, takes place today through Sunday on the Main Parade Field. Call 253-4605 for details.

Softball Tryouts

Varsity Softball tryouts will be held Saturday, 10 a.m. at the Main Softball Field. Tryouts are open to all service members and participants must be able to miss work to go TAD for required games. In case of rain, the game will be held Sunday, 2 p.m.

Rock Climbing

Outdoor Recreation will hold a rock-climbing trip to Mikuradake (Three Peaks) Saturday, 8 a.m.-4 p.m. There is a fee, which covers transportation and equipment. No experience is necessary. Call 253-3822 for more information.

St. Paddy's Day Shoot

Outdoor Recreation will hold a skeet and trap tournament March 18, 11 a.m. at the Boar's Head Sporting Lodge. Call 253-3822 for more information.

Friendship Basketball

Athletics will host Takamizu, Yuu, Nada, Shuto and Kuga high schools Saturday and Sunday for friendship basketball. Everyone is welcome to watch in the Main Gym starting at 2 p.m. Call 253-5777 for more information.

Torii Pines Hours Change

Torii Pines Golf Course is open Monday-Friday, 8 a.m.-6 p.m., weekends and holidays 7:30 a.m.-6 p.m. The driving range opens 30 minutes after the course closure at 11 p.m. Call 253-3402 for more information.

Swim Meet

United States military and JMSDF swimmers are invited to participate in individual and team events March 24. Team rosters are due today. Call 253-5520 for more information.

Youth Baseball

Registration opens at the Youth Center weekdays 8 a.m.-2 p.m. through March 17 for youth baseball players age 5-14. Call 253-4605 for more information.

Army Invitational Bowling

Resumes are due in the Main Gym Athletics Office today at 2:30 p.m. from bowlers interested in competing in the Army Invitational Bowling Championship April 13-17 at Fort Jackson, S.C. Call 253-5880 for more information.

Swim Lessons

Swim lessons for all levels will begin Monday, 6:15 p.m., at the indoor pool. There is a fee. Call 253-5520 for more information.

Shamrock Swim

In honor of St. Patrick's Day, MCCA Aquatics will hold a contest March 17. Swim any time during 5 a.m. and 9 p.m. at the indoor pool and record your time with the duty lifeguard. Prizes will be awarded in five-age categories. Call 253-5520 for more information. The contest is free.

Spring Racquetball Tourney

Players will meet March 14, 10 a.m. in the Main Gym's snack bar. The tournament begins March 18 and is open to base employees and their family members 16 and older.

Friday

9:00	Sesame Street	8:00	Bananas in Pajamas	10:00	Bear in the Big Blue House (TV-Y)	8:30	Showbiz Today
10:00	Blues Clues	8:30	Wishbone	10:30	Co-Ed Training	9:00	Sesame Street
10:30	99 World's Largest Concert	9:00	Wonderful World of Disney (TV-G)	11:00	The Oprah Winfrey Show (TV-14)	10:00	Bear in the Big Blue House (TV-Y)
11:00	Oprah Winfrey Show (TV-14)	11:00	Wild Things (TV-PG)	12:00	NBC Nightly News	10:30	Co-Ed Training
12:00	NBC Nightly News	12:00	Headline News	12:30	Wheel of Fortune (TV-G)	11:00	Oprah Winfrey Show (TV-14)
12:30	Wheel of Fortune (TV-G)	12:30	Air Force TV News	1:00	Port Charles (TV-14)	12:00	NBC Nightly News
1:00	Port Charles (TV-14)	1:00	NCAA Basketball (FSN)	1:25	Guiding Light (TV-14)	12:30	Wheel of Fortune (TV-G)
1:25	Guiding Light (TV-14)	3:00	Inside the Senior PGA (ESPN)	2:15	General Hospital (TV-14)	1:00	Port Charles (TV-14)
2:00	General Hospital (TV-14)	3:30	North American Fisherman (ESPN)	3:05	Spiderman: Animated Series	1:25	Guiding Light (TV-14)
3:05	Sylvester and Tweety Mysteries	4:00	Hercules: The Legendary Journeys (TV-PG)	3:30	Popular Mechanics for Kids	2:15	General Hospital (TV-14)
3:30	Angela Anaconda (TV-Y)	5:00	Computer Chronicles	4:00	Nick News	3:05	Animaniacs
4:00	Sister, Sister	5:30	Wall Street Journal Report	4:30	Scholastic Sports America (TV-G)	3:30	Batman (TV-Y7)
4:30	Sabrina, the Teenage Witch (TV-G)	6:00	Headline News	5:00	Jeopardy! (TV-G)	4:00	Pokemon (TV-Y)
5:00	Jeopardy! (TV-G)	6:30	ESPN News	5:30	Headline News	4:30	Boy Meets World (TV-PG)
5:30	Headline News	7:00	Kids Say/Darndest Things (TV-G)	6:00	Pacific Report	5:00	Jeopardy! (TV-G)
6:00	Pacific Report	7:30	Home Improvement (TV-PG)	6:33	CNN/SI	5:30	Headline News
6:33	CNN/SI	8:00	Primetime Movie	7:00	Everybody Loves Raymond (TV-PG)	6:00	Pacific Report
7:00	King of the Hill (TV-PG)		Con Air (TV-14)	7:30	Primetime Movie	6:33	CNN/SI
7:30	That '70s Show (TV-PG)	10:00	Headline News		As Good As It Gets (TV-PG)	7:00	Friends (TV-PG)
8:00	Star Trek: Deep Space Nine (TV-PG)	10:30	Pensacola: Wings of Gold (TV-PG)	10:00	Pacific Report	7:30	Two Guys, A Girl and A Pizza Place (TV-PG)
9:00	Law and Order (TV-14)	11:30	Walker, Texas Ranger (TV-PG)	10:35	Tonight Show w/Leno		Just Shoot Me (TV-14)
10:00	Pacific Report			11:35	Late Show w/Letterman	8:35	Spin City (TV-PG)
10:35	Tonight Show w/Leno					9:00	ER (TV-14)
11:35	Late Show w/Letterman					10:00	Pacific Report

Saturday

0:35	ESPN News	12:30	WWF Superstars (TV-14)	12:35	ESPN News	12:35	ESPN News
1:05	Movies 'til Dawn	1:30	America's Black Forum	1:05	Movies 'til Dawn	1:05	Movies 'til Dawn
	Crimson Tide (TV-PG)	2:00	Inside the Senior PGA (ESPN)		The Godfather III (TV-PG)		Seven (TV-14)
3:10	Movies 'til Dawn	2:30	NBA Matchup (ESPN)	4:30	America's Funniest Home Videos (TV-G)	3:20	Movies 'til Dawn
	Badge of Betrayal (TV-PG)	3:00	NCAA Basketball (ESPN)		Headline News		What's up Doc? (TV-G)
5:00	Today Show	5:00	NCAA Basketball (ESPN)	5:00	Headline News	5:00	Headline News
7:00	Barney and Friends	6:30	NCAA Basketball (ESPN)	5:30	ESPN News	5:30	ESPN News
7:30	Disney's PG&J Otter (TV-Y)	8:00	Horse Racing (ABC)	6:00	Today Show	6:00	Today Show
8:00	Brand Spanking New Doug	8:30	Headline News	8:00	Headline News	8:00	Headline News
8:30	Disney's Recess (TV-Y)	9:00	Sesame Street	8:30	Showbiz Today	8:30	Showbiz Today
9:00	Hey! Arnold (TV-Y)	10:00	Jim Henson's Animal Show	9:00	Sesame Street	9:00	Sesame Street
9:30	Goosebumps (TV-Y7)	10:30	Kiana's Flex Appeal	10:00	Blues Clues	10:00	Blues Clues
10:00	Nova	11:00	Oprah Winfrey Show (TV-14)	10:30	Bodyshaping	10:30	Kiana's Flex Appeal
11:00	This Old House	12:00	Headline News	11:00	The Oprah Winfrey Show	11:00	Oprah Winfrey Show (TV-14)
11:30	California's Gold	12:30	Wheel of Fortune (TV-G)	12:00	NBC Nightly News	12:00	NBC Nightly News
12:00	NBC Nightly News	1:00	Port Charles (TV-14)	12:30	Wheel of Fortune (TV-G)	12:30	Wheel of Fortune (TV-G)
12:30	Navy/Marine Corps News	1:25	Guiding Light (TV-14)	1:00	Port Charles (TV-14)	1:00	Port Charles (TV-14)
1:00	Raceline (RAC)	2:15	General Hospital (TV-14)	1:25	Guiding Light (TV-14)	1:25	Guiding Light (TV-14)
1:30	RPM 2Night (ESPN2)	3:05	Disney's Pepper Ann	2:15	General Hospital (TV-14)	2:00	General Hospital (TV-14)
2:00	NCAA Basketball (ESPN)	3:30	Bobby's World	3:05	The Lion King's Timon and Tumba	3:05	Sylvester and Tweety Mysteries
4:00	WWF Superstars (TV-14)	4:00	In the Mix	3:30	Darkwing Duck	3:30	Angela Anaconda (TV-Y)
5:00	Entertainers	4:30	Bonechillers	4:00	Power Rangers in Space (TV-Y7)	4:00	Sister, Sister
6:00	Headline News	5:00	Jeopardy! (TV-G)	4:30	City Guts (TV-Y7)	4:30	Sabrina, the Teenage Witch (TV-G)
6:30	ESPN News	6:00	Pacific Report	5:00	Jeopardy! (TV-G)	5:00	Jeopardy! (TV-G)
7:00	Beverly Hills, 90210 (TV-14)	6:33	CNN/SI	5:30	Headline News	5:30	Headline News
8:00	Judging Amy (TV-PG)	7:00	60 Minutes	6:00	Pacific Report	6:00	Pacific Report
9:00	20/20 Friday	8:00	The Drew Carey Show (TV-PG)	6:33	CNN/SI	6:33	CNN/SI
10:00	Headline News	8:30	Whose Line is it Anyway (TV-PG)	7:00	Smart Guy (TV-PG)	7:00	King of the Hill (TV-PG)
10:30	ESPN News	9:00	The Practice (TV-14)	7:30	Moesha (TV-PG)	7:30	That '70s Show (TV-PG)
11:00	Saturday Night Live (TV-14)	10:00	Pacific Report	8:00	Dawson's Creek (TV-14)	8:00	Star Trek: Deep Space Nine (TV-PG)
		10:35	Tonight Show w/Leno	9:00	Buffy the Vampire Slayer (TV-14)		Law and Order (TV-14)
		11:35	Late Show w/Letterman	10:00	Pacific Report		Pacific Report
				10:35	Tonight Show w/Leno		Tonight Show w/Leno
				11:35	Late Show w/Letterman		Late Show w/Letterman

Sunday

12:30	Motown Live (TV-G)	0:35	ESPN News				
1:30	Soul Train	1:05	Movies 'til Dawn				
2:30	Austin City Limits (TV-G)		Honeymoon in Vegas (TV-PG)	0:35	ESPN News		
4:00	Friday Night	3:00	Movies 'til Dawn	1:05	Movies 'til Dawn		
4:30	Entertainers		Dillinger (TV-PG)		Suspect (TV-PG)		
5:00	Headline News	5:00	Headline News	3:15	Movies 'til Dawn		
5:30	Hour of Power	5:30	ESPN News		Witch Hunt (TV-PG)		
6:00	Creflo Dollar	6:00	Today Show	5:00	Headline News		
6:30	The Coral Ridge Hour	8:00	Headline News	5:30	ESPN News		
7:00	Millennium: End or Beginning?	8:30	Showbiz Today	6:00	Today Show		
7:30	Day of Discovery	9:00	Sesame Street	8:00	Headline News		

Movies**Sakura Theater****Snow Falling on Cedar (PG-13)**

Rated PG-13 for disturbing war images, sensuality and brief strong language
 March 10, 7 p.m.; March 11, 4 p.m.; March 12, 3 p.m.;
 March 14, 7 p.m.

"Shine" director Scott Hicks returns with a tale of intrigue and love set in 1954 on an island in the Pacific Northwest. Ethan Hawke stars as a reporter assigned to cover the trial of a Japanese man accused of the murder of a local fisherman. Youki Kudoh co-stars as Hawke's childhood flame, and the wife of accused Rick Yune. Based on the best-seller by David Guterson.

The Beach (R)

Rated R for violence, some strong sexuality, language and drug content
 March 10, 10 p.m.; March 11, 7 p.m.; March 13, 7 p.m.

Backpacker Leonardo DiCaprio goes in search for a mythical island after he stumbles upon a map of its whereabouts in Bangkok. Behind its reputed serenity, the naive traveler discovers a disillusioning reality. Based on the novel by Alex Garland. Directed by

"Trainspotting's" Danny Boyle.

The Whole Nine Yards (R)

Rated R for some sexuality/audity and violence
 March 11, 10 p.m.; March 12, 7 p.m.; March 15, 7 p.m.

In the comic strain of "Analyze This," Bruce Willis stars as a mob kingpin who hides out in a white picket fence neighborhood as part of the witness protection program. The incognito gangster soon finds suburbia more dangerous than the city's mean streets when a neighboring couple, played by Matthew Perry and Rosanna Arquette, discover his true identity.

This schedule is submitted by the Sakura Theater and is subject to change. Any questions or comments can be directed to **MCCS** at 253-4003.

Find additional TV
 schedules and sports
 teams names at
www.iwakuni.usmc.mil

**Iwakuni's Theaters****Kokusai:**

March 11-24

"Toy Story II" - 1:30 p.m.,
 3:15 p.m., 5 p.m., 6:45 p.m.
 (Sat. only) 8:30 p.m., 10:15 p.m.

March 25-

"Toy Story II" - 10:30 a.m., 1:40 p.m.,
 4:50 p.m., 6:35 p.m.,
 (Sat. only) 8:10 p.m., 9:55 p.m.

New Central:

New Central I:

March 11-24

No English Movies
New Central II:

March 11-24

No English Movies
New Central III:

March 11-23

"007 World is not Enough" -
 6:20 p.m., (Sat. only) 8:45 p.m.



Medical Clinic Health Promotions

Tobacco Cessation Courses

Tobacco Cessation classes will be held March 22, 24, 29 and 31. Courses are held in the clinic conference room, 10-11 a.m. Participants must attend all four sessions. For details call 253-3266.

Controlling Cholesterol Course

A "Controlling Cholesterol Course" will be offered March 30, 10-11 a.m. in the Branch Medical Clinic conference room. This class will help participants understand what cholesterol is, how to reduce it and the importance of good nutrition and regular exercise. For details call 253-3266.

Alcoholics Anonymous

Alcoholics Anonymous open meetings are held Wednesdays, 11:30 a.m. and Thursdays and Sundays, 7 p.m. Closed meetings are held each Monday and Thursday, 11:30 a.m. and Tuesday at 7 p.m. All meetings are held in Bldg. 497, second floor. For details call 43-4814.

E.D.I.S.

Education and Developmental Intervention Services, a division of the Branch Medical Clinic, offers an Early Intervention program for children up to 36 months.

If you have questions or concerns about your child's speech, social, cognitive or motor development call 253-4562 to set up a free screening or evaluation. Information is also available on such topics as child development, parenting issues and behavior management.

Childbirth Education Program

Five-week Series

A five-week-series class is offered to first time expectant parents during the third trimester who are interested in learning the basics about child birth. The class meets once a week for five weeks from 6:30-8:30 p.m. For details call Cmdr. Lisa Craft at 253-2714.

P.E.P. Spring Carnival

The Perry Elementary Partners is sponsoring its Second Annual Spring Carnival March 18, 2-4:30 p.m. Children, sixth grade and under, should bring their parents for an afternoon of bouncing, shooting, tossing, fishing, and cake walking. Tickets go on sale Tuesday at the school cafeteria during lunch. Tickets will be discounted to five for \$1. Tickets will cost four for \$1 on the day of the event. For details call 253-2038.

Human Resource Office

Employment Procedures Class

A Family Member Employment Procedure Class will

be held March 21, 9-11 a.m. in the Community Service Building 411, Rm. 217. Information presented will include CHRO's employment procedures, spouse employment preference, qualifications and referral priorities. Advanced sign-up is required by calling 253-6439.

Priority Placement Program

A family member Priority Placement Program brief is scheduled Thursday, 9-11 a.m. in the Community Service Building 411, Rm. 217. This is an informational brief for current and former family member U.S. civil service employees who are within two months of PCSing back to the United States.

Topics include military spouse preference, the Priority Placement Program, counseling, eligibility for noncompetitive appointment under EO 2721 (family member hires), and civil service employment procedures. Family members who have been employed for 12 months or longer must attend this brief. For details call Jean Prado at 253-6828.

Baby's First Gift

Navy-Marine Corps Relief Society will present a Baby's First Gift to expected parents in "Baby's First Seabag." The Layette package contains newborn clothing, baby book, crocheted sweater set and blanket and a diaper bag. This baby gift is available free to all Navy and Marine Corps families.

You must either attend a Budget for Baby Workshop or schedule an appointment with a Navy Relief caseworker to discuss budgeting for baby. Call 253-5311 for an appointment. You may stop by Bldg. 360, Rm. 35 for preview.

Marine Corps Community Services

Children's Cultural Opportunity

Twenty air station children age 4 and younger are invited to join a 750th anniversary celebration parade at the shirasaki Shrine Festival April 8-9, 11 a.m.-2 p.m. The shrine provides free kimono rental for use during the parade. For more information call Chiaki at 253-6165.

Flea Market

The spring flea market will take place tomorrow, 10 a.m.-2 p.m. in the Main Gym. Dollars only will be accepted. For details call 253-6184.

Essay and Poster Contest

The Station Library provides information and entry forms for the Armed Forces YMCA essay and poster contests. The deadlines are March 31 and June 30, 2000, respectively. Call 253-3078 for details.

Discipline Tips

The Marine New Parent Support Program offers tips for disciplining children up to age six at a free seminar March 17, 11:45 a.m.-12:45 p.m. in the Community Services Bldg. 411, Rm. 127. For details call 253-6553.

Guided Base Tour

Participate in a guided tour of the air station March 16. The van will leave from the Community Services Building at 9:15 a.m. Call 253-6962 for details.

Spring Travel

Stop by the Travel Center in Crossroads Mall for spring break travel information. Special prices are available for Honolulu, Bali, Langkawi, Penang and Australia. Call 253-3764 for details.

Volunteers Needed

Volunteers are needed to assist at the Spring Bazaar, scheduled April 1-2 in the MAC Dome. Call Mrs. Page at 253-2283 or Mrs. Sztuk at 253-2214 for details.

TAMP and TAP Seminar

The pre-separation briefing (TAMP) and job search seminar (TAP) will be held March 28-31 in the Community Services building, Rm. 201. Programs and services available to separating military personnel and their families will be explained. Military personnel should plan to attend 180 days before discharge; spouses are encouraged to attend. To sign-up contact your unit career planner or call the Career Resource Management Center at 253-6439 for more information.

Japanese Crafts

Arts and Crafts offers instruction in a homemade craft for Cherry Blossom season Thursday, 10 a.m.-noon. Register at least 24 hours in advance by calling 253-6621. There is a fee.

Marine Lounge

The Marine Lounge is open to all service members and all other MCCS patrons age 18 and older. Located on the second floor of Crossroads Mall, the lounge offers television, movies, pool, free Internet-access computer and snacks in a smoke-free, alcohol-free environment.

Club Iwakuni Serious Guise

A variety band, Serious Guise, returns to the air station March 16 for three shows.

☑ March 17, 8 p.m. in the O'Club bar for O'Club patrons and their guests.

☑ March 18, 9 p.m. in the SNCO dining room after the pig roast for SNCO Club patrons and their guests.

☑ March 19, 8 p.m. in the Landing Zone for E-5's and below and their guests.

Career Resource Mgmt Center

New Operating Hours

The Career Resource Management Center is open Monday, Tuesday, Thursday and Friday, 7:30 a.m.-4:30 p.m.; Wednesday 9 a.m.-6 p.m.; Saturday, 9 a.m.-3 p.m. The CRMC, open during lunch, offers military transition and spouse employment assistance.

CRMC Ultimate Job Search Videos

The CRMC offers an up-to-date job search video package. The package provides step-by-step guidance through the job search process, including how to start, techniques, writing effective resumes and successful interviews. Those who are interested should stop by the Community Service Building, Rm. 201.

Lent Services

Roman Catholic weekday Mass is being offered during Lent. Mass is scheduled for Monday and Friday, 11:45

Chapel's Weekly Services

Divine Services

Roman Catholic

Saturday 5:30 p.m. Mass (M.C. Perry Elementary School Gym)
Sunday 9 a.m. Mass (M.C. Perry Elementary School Gym)

Protestant

Saturday 5:30 p.m. Protestant Liturgical Service (Chapel Annex)
Sunday 10 a.m. Church of Christ (Chapel Annex)
10:30 a.m. General Protestant Service
(M.C. Perry Elementary School Gym)
12 p.m. Gospel Service
(M.C. Perry Elementary School Gym)

Latter Day Saints

Sunday 12:30 p.m. Latter Day Saints (Chapel Annex)

Jewish

Friday 6 p.m. Jewish Shabat (Chapel Annex)

Call 253-5218 for more information.

For information on Jewish Services call Mark Zeid at 082-231-4008 after 6 p.m. or call the Station Chapel.

a.m.; Tuesday and Thursday, 6:55 a.m. and Wednesday 7 p.m. For more information call 253-5218.

Education



Test Schedule

Every Tuesday/Friday

- College Level Examination Program
- DANTES Subject Standardized Test

March 15 - ACT Examination

March 16 - Scholastic Assessment Test

March 22 - Defense Language Aptitude Battery

- Defense Language Proficiency Test

March 23 - Armed Forces Classification Test

March 27 - Electronics Data Processing Test

All tests begin at 8 a.m. at the Education Service Office, located at Bldg. 411, Rm. 101. There is a fee for civilian personnel but not for military personnel. Call 253-3855 for more information.

Central Texas College

Central Texas College will be holding registration for Term 4 March 20-31. Classes will begin April 3 and run through May 27. For more information stop by Bldg. 411 or call 253-3484. Classes being offered include: EMT-First Responder, Homicide Investigations, Management and Intro to Programming.

University of Maryland

University of Maryland Term IV, 1999-2000 registration will begin March 20 and run through March 31. A tentative course list is available. Students interested in taking English or mathematics should call to schedule placement examinations. Students using financial aid should turn in all paperwork to registration. For more information call 253-3494 or stop by Bldg. 411.